

## Sandals Negril Review (2026): Seven-Mile Beach Verdict

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Sandals Negril on Jamaica's Seven-Mile Beach. The honest take on the rooms, the food, the long beach, and who actually loves this property.

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A quick-reference printable from **The Resort Edit** — the data and verdicts from the full article, distilled into a one-page cheat sheet you can take to your travel agent or save offline.

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### Comparison 1

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Compared to	Sandals Negril advantages	Sandals Negril drawbacks
Sandals Montego Bay	Better and wider beach; quieter setting; more space across the grounds	Further from airport; no overwater bungalows; less recent renovation work

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### Quick Answers

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#### Q: How long is the airport transfer to Sandals Negril?

A: Plan for a 90-minute transfer each way from Sangster International (MBJ) in Montego Bay. The drive is a two-lane coastal road through small towns — we've made the run in 75 minutes on a quiet Tuesday and just over two hours on a Saturday afternoon. Sandals' Club Sandals Airport Lounge and round-trip transfers are included. If the transfer length is a dealbreaker, Sandals Montego Bay and Sandals Royal Caribbean are 15-20 minutes from MBJ instead.

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#### Q: How good is the beach at Sandals Negril?

A: Seven-Mile Beach is genuinely one of the better white-sand beaches in the Caribbean, and Sandals Negril's frontage is meaningfully wider than the strips at Montego Bay or Royal Caribbean. The water shelves gently — you can walk out a long way before it's over your head — which makes it ideal for couples who want to float and talk rather than swim laps. The beach is walkable at night, which is one of the small joys of staying here.

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#### Q: Which room category should you book at Sandals Negril?

A: Book the Swim-up Crystal Lagoon Beachfront Butler Suite — that's where this property hits its stride. Entry-level Garden View and Beachfront Walkout rooms feel like older Sandals in finishes and may disappoint anyone coming from a newer property. Rondoal suites are lovely with private plunge pools, but for most couples the Swim-up Butler tier is the better value since you spend waking hours at the beach anyway. Request a room away from the main bar zone if you're a light sleeper.

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[Read the full guide on theresortedit.com](#)

The honest, un-hyped article with current pricing and affiliate links.